



HEALTH SCORE

98%

Ratatouille with Penne



Very Healthy

READY IN



4500 min.

SERVINGS



6

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings coarse salt to taste
- ☐ 1.5 pounds eggplant cut into 1/2-inch cubes
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 7 garlic clove minced
- ☐ 0.5 cup olive oil
- ☐ 4 onion chopped

- ☐ 6 servings parmesan grated
- ☐ 1.5 pounds penne pasta with ridges)
- ☐ 8 plum tomatoes peeled seeded chopped
- ☐ 2 large bell pepper red cut into 1/2-inch cubes
- ☐ 1.5 pounds to 3 sized squashes yellow cut into 1/2-inch cubes

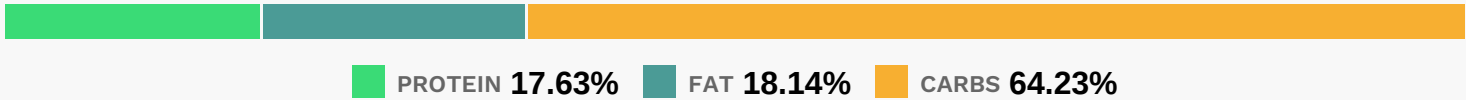
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Stir together eggplants, onions, 1/4 cup oil, and kosher salt in a large roasting pan, then roast mixture in middle of oven, stirring occasionally, 15 minutes. Stir in squash, bell peppers, 2 tablespoons oil, and more kosher salt and roast mixture, stirring occasionally, until bell peppers are tender, 25 to 30 minutes.
- ☐ While vegetables are roasting, simmer tomatoes, garlic, thyme, remaining 2 tablespoons oil, and kosher salt in a heavy saucepan, stirring occasionally, until thickened, 12 to 15 minutes. Stir tomatoes into roasted vegetables and season ratatouille.
- ☐ Cook penne rigate in a 6-qt. pot of boiling salted water until al dente and drain. While pasta is cooking, stir parsley and basil into ratatouille and season. Toss penne rigate with 1/3 of ratatouille and serve topped with remainder.
- ☐ ·Ratatouille may be made 2 days ahead and chilled, covered. Reheat before using in recipe.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:39.54, Inflammation Score:-10, Nutrition Score:40.942608791849%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg

Nutrients (% of daily need)

Calories: 682.63kcal (34.13%), Fat: 13.94g (21.45%), Saturated Fat: 5.92g (37%), Carbohydrates: 111.05g (37.02%), Net Carbohydrates: 99.09g (36.03%), Sugar: 17.43g (19.36%), Cholesterol: 20.4mg (6.8%), Sodium: 698.52mg (30.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Vitamin C: 116.95mg (141.76%), Selenium: 79.91µg (114.16%), Vitamin K: 105.87µg (100.83%), Manganese: 1.84mg (92.08%), Vitamin A: 3378.97IU (67.58%), Phosphorus: 557.32mg (55.73%), Fiber: 11.97g (47.86%), Calcium: 451.7mg (45.17%), Vitamin B6: 0.89mg (44.73%), Potassium: 1302.39mg (37.21%), Folate: 140.36µg (35.09%), Magnesium: 135.99mg (34%), Copper: 0.6mg (29.87%), Vitamin B2: 0.46mg (27.27%), Zinc: 3.44mg (22.97%), Vitamin B3: 4.51mg (22.57%), Vitamin B1: 0.32mg (21.2%), Iron: 3.47mg (19.29%), Vitamin E: 2.56mg (17.06%), Vitamin B5: 1.5mg (15%), Vitamin B12: 0.36µg (6%)